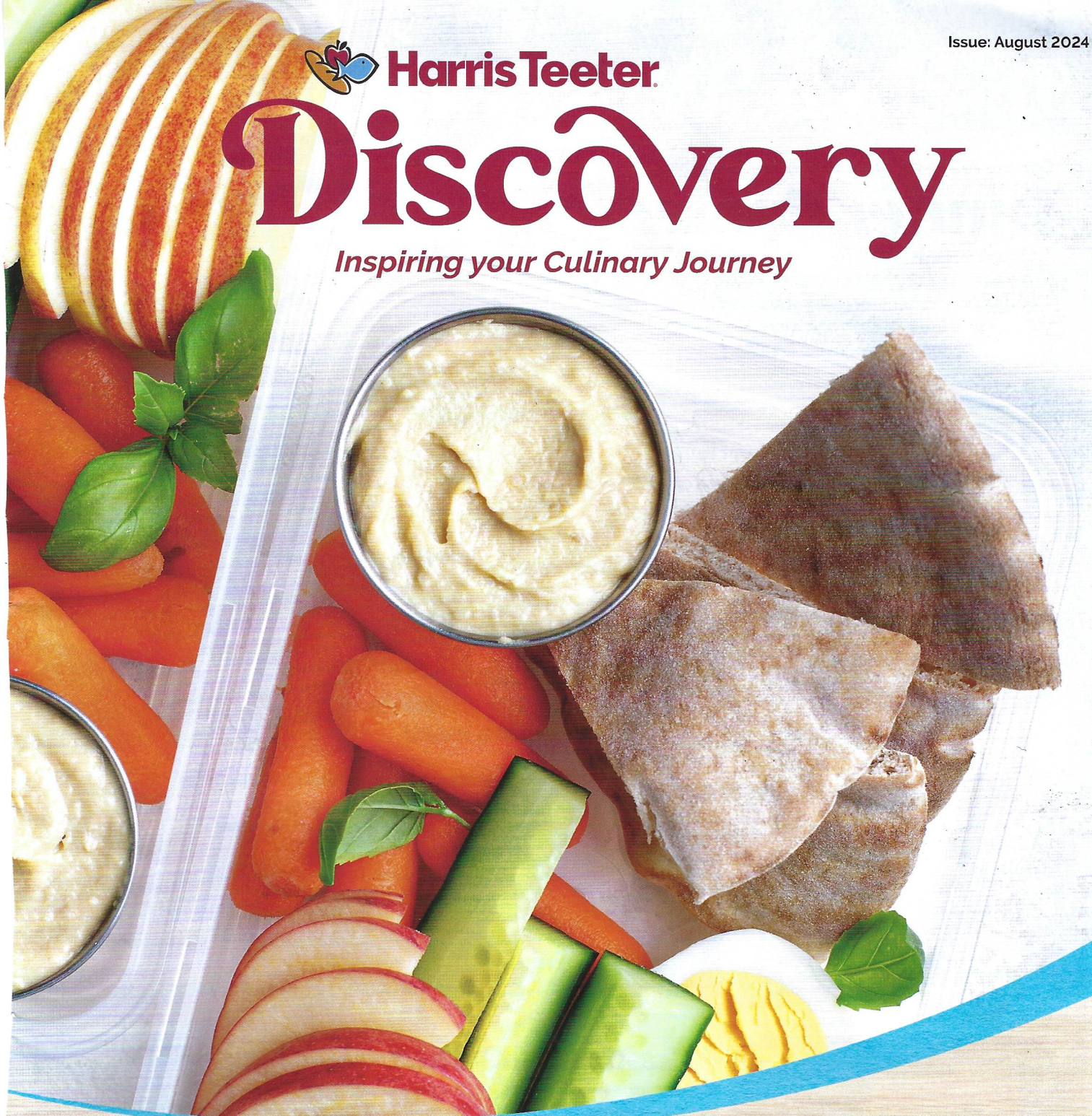




Harris Teeter

Discovery

Inspiring your Culinary Journey



**Start
Awsomer!**
at Harris Teeter.



What's Inside:

- Organic Produce Savings
- More Ways to Save
- School Night Dinner ideas
- Kids' Activity Page

Discover What's Happening

Getting ready for back to school? We make

Dinner Easier

Stop by Harris Teeter for quick dinners that the whole family will enjoy. Look in our Fresh Foods Department for pizza, subs, baked and fried chicken and more.

School's back... make it **easier!**



Make it a meal!



Waffle PB&J Sandwich Lunchbox

Serves: 2

Ingredients:

- 4 frozen homestyle waffles, toasted
- 2 tbsp. peanut butter
- 2 tbsp. strawberry jelly, or grape jelly
- 1 cup red grapes, or green grapes
- 14 pieces colby jack cheese cubes
- 2 Persian cucumbers, sliced

Directions:

Step 1 - Place waffles on a work surface. Top two waffles with peanut butter and the other two waffles with jelly. Sandwich waffles together.

Step 2 - Place waffle sandwiches, grapes, cheese and cucumbers in two lunchbox containers.



Make mornings brighter!



Harris Teeter Peanut Butter Cheerio Bites

- 1 cup peanut butter
- 1/4 cup coconut oil
- 1/4 cup honey
- 1 tsp vanilla
- 5 cups Cheerios®

- Warm peanut butter in saucepan over medium heat. Add coconut oil, honey. Stir until combined. Remove from heat & stir in vanilla.
- Pour cereal into large bowl. Pour peanut butter mixture over cereal. Stir until combined.
- Spray mini muffin tin with non-stick spray. Spoon Cheerios® mixture into each tin. Let sit for 3 hrs.



Breakfast, anyone?

It's peak summer season... the kids are around, maybe it's vacation-time and you are looking for something different, tasty and quick. Try this: A crusty baguette, some cottage cheese and your favorite summer fruits with a drizzle of honey... everyone will love it!

Visit harristeeter.com for kid-friendly breakfast recipes



Breakfast Couscous



Egg and Mushroom Breakfast Tarts



Seeded Buckwheat Waffles

Coming Soon!

PLUSH HARRY



Proceeds go to your local food bank!

Celebration of Flavors

World Flavors Festival French inspired



Strawberry Cheesecake Crepes

Crepes Batter

- 1 cup milk
- ¼ cup water
- 2 large eggs
- 2 Tbsp. melted butter, plus extra to brush the pan
- 1 tsp. vanilla
- 1 Tbsp. sugar
- 1 cup all-purpose flour
- ¼ tsp. salt

Cream Cheese Filling

- 3 oz. cream cheese, room temperature
- ½ cup sugar
- ½ cup heavy cream
- Zest of 1 lemon
- ½ cup Bonne Maman® Strawberry Fruit Spread
- Optional garnish: powdered sugar, sliced strawberries

1. Prepare the crepe batter: Add all batter ingredients to the blender, ensuring to add the liquid ingredients first. Process until the mixture is smooth, scraping down the sides of the blender as necessary. Place the lid back on the blender pitcher and refrigerate 30 minutes.
2. Meanwhile, prepare the filling: In a medium bowl, combine the cream cheese, sugar, heavy cream and lemon zest. Beat until smooth with a wooden spoon or hand mixer. Set aside.
3. Heat an 8" skillet or crepe pan over medium heat. Brush with melted butter. Lift the skillet and pour 1/3 cup of batter onto the hot pan with your other hand, rotating the pan to spread the batter evenly in a single layer. Return the pan to the cook surface and cook without disturbing for 1-2 minutes or until the edges start to bubble and the batter surface looks somewhat dry. Carefully flip the crepe and cook another 30 seconds.
4. Remove the crepe to a plate and repeat the process with the remaining batter.
5. When ready to serve, spread the crepe with cream cheese and Bonne Maman® Strawberry Fruit Spread. Top with powdered sugar if desired, and garnish with sliced strawberries.



Serve a decadent breakfast with some Strawberry Cheesecake Crepes topped off with the homemade taste of Bonne Maman® Strawberry Fruit Spread.

Premium Chocolate

Made in small batches from the highest-quality cocoa beans. Extra dark, extra intense, with subtle notes of vanilla.



100% Pure

La Tourangelle avocado oils are all-natural and handcrafted from premium avocados. A delicious, light fruity flavor.



Scan for more French inspired recipes.



Fine Sea Salt

Used in cooking and on the table for salads and meat. Produced by natural crystallisation and is ground to obtain fine, naturally white, unrefined crystals.



Taste of France

Made in France with pure butter and other real ingredients. A buttery shortbread on the outside and chocolate ganache in the center – the perfect snack!



Simple & Delicious

The delightful butter sauce and the fragrant flavors of herbs make this pasta side a standout.



Discover Fresh and Organic

Prices good July 17 - August 13, 2024.



2 lb. bag
Simple Truth Organic
Red and Yellow
Onions

3.99
each



3 lb. bag
Simple Truth Organic
Red, Gold, Russet or Sweet
Potatoes

4.99
each



Simple Truth Organic
Romaine Hearts

2 for \$7



Simple Truth Organic
Cauliflower

4.49
each



Simple Truth Organic
Celery Hearts

2 for \$7



Simple Truth Organic
Broccoli

2 for \$7



2 lb. tote
Simple Truth Organic
Peaches or Nectarines

5.99
each



5 oz.
Simple Truth Organic
Salad Blends

3.99
each



2 lb. bag
Simple Truth Organic
Honeycrisp Apples

5.99
each



Farmers Market
Organic
Zucchini or Yellow
Squash

2.79
per lb.



8 oz.
Simple Truth Organic
Baby Bella
Mushrooms

2 for \$7



Farmers Market
Organic Red or Gold
Bunched Beets

2.99
each



18 oz.
Farmers Market
Organic
Blueberries

8.99
each



2 oz.
SUJA Organic
Wellness Shots

2 for \$5



64 oz.
Simple Truth Organic
Lemonade

2 for \$7



12 oz.
Simple Truth Organic
Honey

4.49

save at least 50¢ each with your VIC card



8.99 oz.
Simple Truth
Protein & Omega 3 Bar

5.49

save at least 50¢ each with your VIC card



3.14 oz.
Simple Truth Organic
Fruit & Vegetable Bites

3.99

save at least 50¢ each with your VIC card



5 oz.
Simple Truth Organic
Sweet Dried Cranberries

2.99

save at least 80¢ each with your VIC card



3 oz.
Simple Truth Organic
Mini Rice Cakes

2 for \$5

save at least 98¢ on 2 with your VIC card



10 oz.
Simple Truth Organic
Relish

2.29

save at least 40¢ each with your VIC card

Shopping Mindfully

The choices you feel good about right here... organic, natural, free from, responsibly sourced and more.



12 OZ.
Simple Truth Organic
Sliced Jalapenos

2.79 VIC SAVINGS

save at least 30¢ each with your VIC card



5 OZ.
Simple Truth Organic
Grain Free
Tortilla Chips

2.99 VIC SAVINGS

save at least 50¢ each with your VIC card



4 pk.
Simple Truth Organic
Diced Tomatoes

4.99 VIC SAVINGS

save at least 70¢ each with your VIC card



16 oz.
Verde Organic
93% Lean
Ground Beef

8.99 VIC SAVINGS

save at least \$1.00 each with your VIC card



4.2 OZ.
Cerebelly
Organic Smartbars

4.99 VIC SAVINGS

save at least \$1.00 each with your VIC card



4 OZ.
Cerebelly
Puree

2 for \$5 VIC SAVINGS

save at least \$1.98 on 2 with your VIC card



5.3 OZ.
Elan Organic
Nut Mixes

4.99 VIC SAVINGS

save at least \$1.00 each with your VIC card



4.5 OZ.
Elan Organic
Chia Walnuts

4.99 VIC SAVINGS

save at least \$3.00 each with your VIC card



3.5 OZ.
Gimme Organic
Seaweed Snacks

2 for \$4 VIC SAVINGS

save at least .98 on 2 with your VIC card



4.6 OZ.
Lesser Evil
Organic Popcorn

2 for \$8 VIC SAVINGS

save at least \$1.38 on 2 with your VIC card



2.12 oz. Instant
Purely Elizabeth
Organic Granola

6.99 VIC SAVINGS

save BIG with your VIC card



3.5 OZ.
Salento Provisions
Organic Dried Fruit

4.99 VIC SAVINGS

save at least \$2.00 each with your VIC card

Shopping Made Easier

The items you want have attribute icons displayed on the tag

4.29
 MI DEL GF WF GINGER SNAPS
\$2.99
 .062 PER OZ
 PRICE GOOD THRU 06/27/23
SAVINGS \$1.98
 WITH YOUR VIC CARD

5/13 OZ.
 Bobo's
Oat Bites
3.99 VIC SAVINGS
 save at least \$1.40 each with your VIC card

12 OZ.
 Brianna's
Salad Dressing
3.99 VIC SAVINGS
 save at least \$1.00 each with your VIC card

5.6 oz.
 The Good Crisp
Potato Chips
2 for \$7 VIC SAVINGS
 save at least \$1.98 on 2 with your VIC card

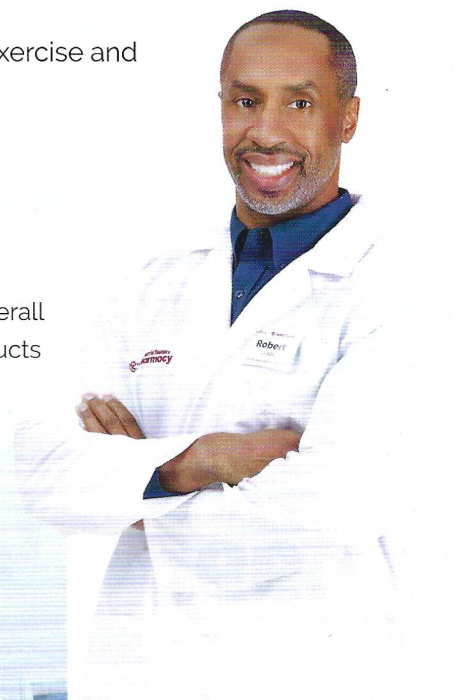
8.6 oz.
 Three Wishes
Cereal
5.99 VIC SAVINGS
 save at least \$2.00 each with your VIC card

Ask the Pharmacist

Harris Teeter
health and wellness

Are there any natural or herbal products that can help students cope with anxiety or improve focus and concentration?

- Natural ways to cope with anxiety and improve concentration are increasing exercise and getting an adequate amount of sleep
- Herbal products that can aid in reducing anxiety include:
 - Ashwagandha may help relieve stress, increase energy, and help improve concentration
 - Lavender may help with decreasing anxiety, improving sleep, and provide some benefit in depression
 - Chamomile may help with relaxation, falling asleep, and improving sleep quality overall
 - Talk to your pharmacist at Harris Teeter if you have questions about any of the products listed above. They can provide valuable information on side effects and drug administration for each medication.



Back to school time...

VISIT THE PHARMACY FOR THESE VACCINATIONS:

- Flu • RSV • COVID-19 • Tdap • Pneumonia • Shingles
- And many more



For more information,
visit the pharmacy,
SCAN THE QR CODE
or, visit our site at:

HarrisTeeter.com/vaccinations

 **Your health and wellness starts with us**

Relief

Say goodbye to sneezes, runny nose, itchy and watery eyes with our trusted over the counter antihistamine medications with cetirizine. Works fast* and stays strong day after day.



*Starts working at hour 1.

Calming

Nourishing botanical surfactants with Vitamin E and Pro-Vitamin B5 for a gentle, healthy feeling clean. Infused with Lavender and Marigold Extracts, this body wash gives your skin a petal-soft touch.



Enjoy

Smooth creaminess with 0g of sugar and only 35 calories per serving. Packed with calcium, it fits right in at breakfast. Use it in recipes that call for milk, from soups and sauces to cakes and smoothies.



Discover Inspiration

Fuel your
end-of-summer
grilling and save!



Refresh!

Try these summer favorites... perfect for an outdoor brunch with close friends or the neighborhood dinner party crowd!



BE SURE TO CHECK OUT WHAT'S **NEW**

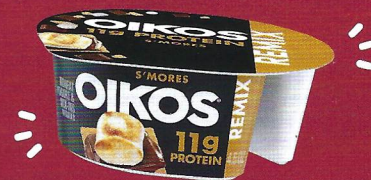


Squeeze in a protein packed snack. Made with real fruit. Great for on the go.



Espresso
Instantly -
Cafe style
crema and
velvety
smooth taste.

Take your snacking routine to the next level with every lift of a spoon.



NEW

Delicate flavor, bright taste. Premium blend of Mexican, Guatemalan, Colombian beans. Helps conservation.



NEW

You asked, we listened! Totino's Breakfast bites have the same great taste you know and love!



NEW

Deliciously fun and better for you snacks



NEW

Our Seasoning & Sauce Duo is all you need to make gyros with tzatziki sauce in your kitchen. Ready in just 15 minutes.



NEW

Soli Organic's fresh, delicious salad mixes are non-GMO, pesticide free, and USDA-Certified Organic.



NEW

Breathe better, Sleep better, ZzzQuil Sleep Nasal Strips

NEW

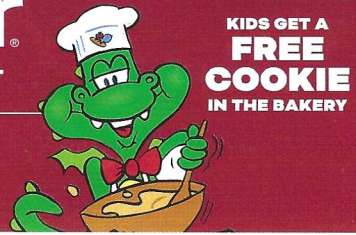
Persil helps keep your clothes looking newer, longer.*

*vs. leading value detergent





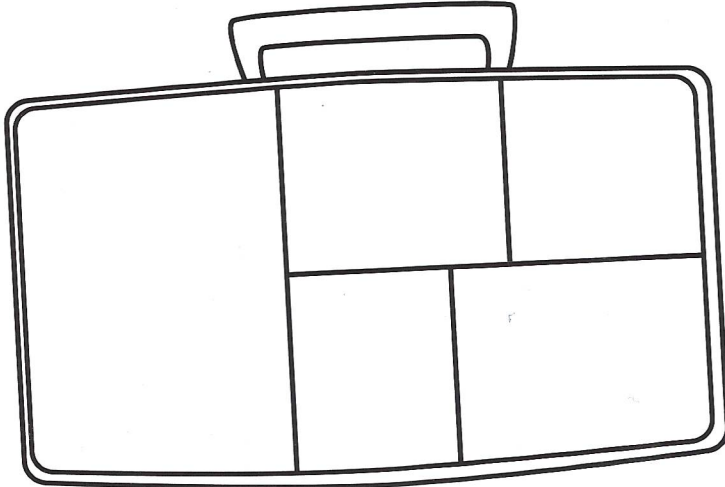
Harris Teeter
YOUR NEIGHBORHOOD MARKET



Discover Fun!

Build a better lunchbox

Draw what you would put in your lunchbox.



Name these tasty lunchbox foods:



National Cheesecake Day July 30

Pick up a delicious Strawberry Cheesecake in our Fresh Foods Department

yum!



Summertime fave!

Don't forget to pick up s'mores stuff before the summer ends. We love a good backyard campout!



great for sharing!



When you visit our stores... round up your total to the nearest dollar.

Harris Teeter
ROUND UP

give change, create change

SUPPORT Backpack Boosters

100% OF FUNDS COLLECTED DURING THE CAMPAIGN WILL BENEFIT BACKPACK BOOSTERS.

- ways to -
SAVE
my  Harris Teeter

visit harristeeter.com to find out more about these programs

eVIC

Join for personalized e-mails, unique savings and access to digital coupons.

SAVE \$100's
every month when you join



Earn points every time you shop using your VIC card.

SAVE UP TO \$1.00 PER GALLON*

*Terms & conditions apply.

HT Plus

Get **FREE Delivery** and **2X Fuel Points**

Try it **FREE** for **30 days**